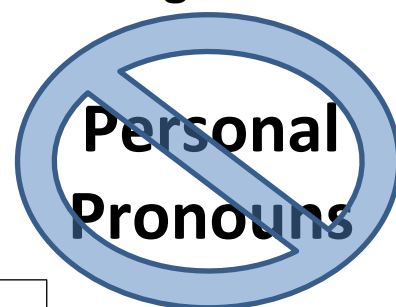


# How to avoid Personal Pronouns in Formal Writing

## List of Personal Pronouns:

I	me	my
our	we	you
your	us	mine



## Popular Options/Replacements:

- “Research shows...”
- “Studies show...”

he/she	studies	research	surveys
one	someone	people	studies

<b>AVOID</b> using personal words expressing your opinion or judgment. They weaken the credibility & formal tone of your paper.	<b>USE</b> words referring to the evidence
I think...	From examining the findings, ...
I feel...	In light of the evidence, ...
I believe...	From previous research, ...
I am convinced that...	Considering the results, ...
I disliked...	According to the figures, ...
I liked...	As shown in the diagram, ...
I agree...	It is evident from the data that...
I disagree...	The literature suggests...
I am sure that...	Given this information, ...
It is my belief that...	Some theorists argue that...

## Examples:

The following example contained personal pronouns until they were rewritten. Study each one carefully and how the writer improved his/her credibility and formal tone by replacing personal pronouns with other options, while still expressing the same meaning.

1. **With personal pronouns:** "Have you ever made a dumb decision that you soon regretted afterward?" **Rewritten:** "There are many situations where people make a dumb decision that they soon regretted after words."
2. **With personal pronouns:** "'I believe Shakespeare was the greatest writer of his day.'" **Rewritten:** "Shakespeare was the greatest writer of his day."
3. **With personal pronouns:** "When I write, I often have difficulty avoiding personal pronouns" **Rewritten:** "It is difficult to avoid personal pronouns when writing." Or, "One often has difficulty avoiding personal pronouns when writing."